The Learning Cycle

<table>
<thead>
<tr>
<th>Preview</th>
<th>Attend</th>
<th>Review</th>
<th>Study</th>
<th>Assess</th>
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<tbody>
<tr>
<td>Preview before class – Skim the chapter, note headings and boldface words, review summaries and chapter objectives, and note questions you would like answered in class.</td>
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<tr>
<td>Attend class – GO TO CLASS! Ask questions and take meaningful notes.</td>
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<tr>
<td>Review after class – Within 24 hours, read notes, fill in gaps and note any questions.</td>
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| Study – Repetition is the key. Ask questions such as ‘why’, ‘how’, and ‘what if’.  
  • Intense Study Sessions* - 3-5 short study sessions per day  
  • Weekend Review – Read notes and material from the week to make connections |
| Assess your Learning – Periodically perform reality checks  
  • Am I using study methods that are effective?  
  • Do I understand the material enough to teach it to others? |

*Intense Study Sessions

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<thead>
<tr>
<th>Step</th>
<th>Task</th>
<th>Time</th>
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<tr>
<td>1</td>
<td>Set a Goal</td>
<td>1-2 min</td>
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<tr>
<td>2</td>
<td>Study with Focus</td>
<td>30-50 min</td>
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<tr>
<td>3</td>
<td>Reward Yourself</td>
<td>10-15 min</td>
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<tr>
<td>4</td>
<td>Review</td>
<td>5 min</td>
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Decide what you want to accomplish in your study session

Interact with material - organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.

Take a break – walk around, get a snack, relax

Go over, summarize, and wrap-up what you studied

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**Understanding**

Key ideas: What, Remember, List, Label, State, Define, Choose, Find, Select, Match

Retelling in your own words - paraphrasing, summarizing, translating. Constructing meaning from oral, written, and graphic messages through interpreting, exemplifying, and explaining. Combining information to solve problems - transferring abstract or theoretical ideas to practical situations.

**Applying**

Key ideas: Analyze, Categorize, Separate, Simplify, Deduce, Infer

Identifying components - determining arrangement, logic, and semantics of identity, organizational structure, breakdown and unification. Identifying information to form a unique thesis, concept or product - requiring creativity and originality. Pulling elements together to form a coherent or final product, where organizing elements into a new pattern or structure through generalizing, planning, hypothesizing, inventing, developing, composing, estimating, theorizing, elaborating, testing, improving, originating.

**Analyzing**

Key ideas: Judge, Critique, Justify, Recommend, Criticize, Assess, Disprove, Rate


**Evaluating**

Key ideas: Design, Hypothesize, Invent, Develop, Compose, Estimate, Theorize, Elaborate, Test, Improve, Originate

Combining information to form a coherent or final product, where organizing elements into a new pattern or structure through generalizing, planning, hypothesizing, inventing, developing, composing, estimating, theorizing, elaborating, testing, improving, originating.

**Creating**

Key ideas: What, Remember, List, Label, State, Define, Choose, Find, Select, Match

Understanding, recognizing, and recalling relevant knowledge from long-term memory. Making decisions and supporting views - understanding of values, judging the validity of ideas or quality of work based on a set of criteria. Having a profound understanding of the discipline. Making judgments based on criteria and standards through checking and critiquing.

**Remembering**

Key ideas: Why, How, Explain, Paraphrase, Describe, Illustrate, Compare, Contrast, Interpret, Outline, Map, Rephrase


Learning Levels: Bloom's Taxonomy

How I Learn